

ACT now to stop a suicide

Did you know that 70% of people who commit suicide tell someone about their plans, or give warning signs?

Have you heard someone you care about say:

- My family would be better off without me.
- There's nothing I can do to make it better.
- You'll be sorry when I'm gone.
- Life isn't worth living.

A Acknowledge: take it seriously and be willing to listen.

C Care: take the initiative and voice your concern.

T Treatment: get professional help immediately.



We can help.

For confidential help, call:

State of Michigan

Employee Service Program

800.521.1377

517.373.7630

313.456.4020

www.michigan.gov/esp

National HopeLine Network

Available 24 hours 7 days a week

800.SUICIDE

For TTY call:

800.448.1833

MORE INFORMATION ON SUICIDE:

[Suicide – Is Someone You Know At Risk?](#)

[Suicide Awareness in the Workplace](#)

[Teenagers and Suicide](#)

[Supervising an Employee With Suicidal Concerns](#)